



Fettuccine Hungry Girlfredo

 Gluten Free

READY IN



15 min.

SERVINGS



1

CALORIES



453 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 serving broccoli steamed
- 1 serving parsley fresh for serving, optional
- 1 serving pepper black freshly ground
- 2 teaspoons topping parmesan-style grated plus more for serving, optional reduced-fat
- 1 teaspoon cream fat-free sour
- 1 swiss cheese light (recommended: The Laughing Cow)
- 1 package spicy tofu fettuccine-shaped (2-serving) (recommended: House Foods)

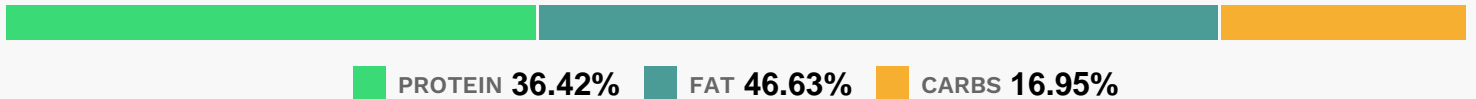
Equipment

- bowl
- paper towels
- knife
- sieve
- microwave

Directions

- Use a strainer to rinse and drain the shirataki noodles well. Pat dry.
- Place in a microwave-safe bowl and microwave 1 minute. Dry as thoroughly as possible, using paper towels.
- Cut noodles up a bit, using kitchen shears or a knife.
- Add cheese wedge, grated topping, and sour cream, breaking the cheese wedge into pieces as you add it. Microwave for 1 minute.
- Stir well and then season with salt and pepper.
- Garnish with parsley and additional grated topping and serve with broccoli, if using. Enjoy!

Nutrition Facts



Properties

Glycemic Index:138, Glycemic Load:1.57, Inflammation Score:-7, Nutrition Score:16.658695702967%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 3.51mg, Kaempferol: 3.51mg, Kaempferol: 3.51mg, Kaempferol: 3.51mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 452.72kcal (22.64%), Fat: 23.73g (36.5%), Saturated Fat: 5.52g (34.49%), Carbohydrates: 19.39g (6.46%), Net Carbohydrates: 14.66g (5.33%), Sugar: 5.41g (6.02%), Cholesterol: 16.27mg (5.42%), Sodium: 103.78mg (4.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.69g (83.38%), Vitamin K: 111.13µg (105.84%), Calcium: 681.52mg (68.15%), Vitamin C: 44.59mg (54.05%), Iron: 5.47mg (30.38%), Fiber: 4.74g (18.95%), Vitamin A: 763.12IU (15.26%), Phosphorus: 142.46mg (14.25%), Selenium: 6.66µg (9.52%), Folate: 36.18µg (9.05%), Vitamin B12: 0.53µg

(8.86%), Manganese: 0.15mg (7.45%), Vitamin B2: 0.12mg (7.18%), Zinc: 1.07mg (7.13%), Potassium: 207.76mg (5.94%), Magnesium: 22.15mg (5.54%), Vitamin E: 0.74mg (4.9%), Vitamin B6: 0.1mg (4.78%), Copper: 0.07mg (3.59%), Vitamin B5: 0.35mg (3.54%), Vitamin B1: 0.04mg (2.77%), Vitamin B3: 0.37mg (1.86%)